

## Claims:

1. A system for providing exercise to a user while generating an entertainment or motivational stimulus, the system comprising:
  - an exercise apparatus configured to facilitate motion of the user;
  - a controller in communication with the exercise apparatus and configured to track a distance traveled;
  - a video display in communication with the controller and configured to display video images to the user; and
  - wherein the controller is configured to display video images on the video display based on the distance traveled and corresponding to an actual location.
2. The system according to claim 1, wherein the controller provides the user information about the actual location.
3. The system according to claim 2, wherein the information is sociological or cultural information related to the actual location.
4. The system according to claim 2, wherein the information about the actual location is in a visual format.
5. The system according to claim 2, wherein the information about the actual location is in an audio format.

6. The system according to claim 1, wherein the controller is configured to track an accumulated distance over multiple sessions and display video images on the video display based on the accumulated distance and corresponding to the actual location.

7. The system according to claim 1, wherein the controller is configured to display a map of the actual location.

8. The system according to claim 1, wherein the exercise apparatus is an exercise bike.

9. The system according to claim 1, wherein the exercise apparatus is a treadmill.

10. The system according to claim 1, wherein the controller is configured to store user data.

11. The system according to claim 10, wherein the controller is configured to store the user data on a server for access on other machines.

12. The system according to claim 1, wherein distance traveled and the video images displayed corresponds to an actual distance.

13. The system according to claim 1, wherein the video image corresponding to the actual location is a combination of an animated scene, preshot video films, and 2D maps.

14. The system according to claim 1, wherein a difficulty of the exercise apparatus is varied based on the actual location.

15. The system according to claim 1, further comprising a sensor attached exercise apparatus and configured to sense markers on a track of the exercise apparatus to determine a track speed.

16. A system for providing exercise to a user while generating an entertainment or motivational stimulus, the system comprising:

an exercise apparatus configured to facilitate motion of the user;

a controller in communication with the exercise apparatus and configured to track a distance traveled;

a video display in communication with the controller and configured to display video images to the user;

wherein the controller is configured to display video images on the video display based on the distance traveled and corresponding to an actual location and actual distance, and the controller provides the user sociological or cultural information about the actual location.

17. The system according to claim 16, wherein the information about the actual location is in a visual format.

18. The system according to claim 16, wherein the information about the actual location is in an audio format.

19. The system according to claim 16, wherein the controller is configured to track an accumulated distance over multiple sessions and display video images on the video display based on the accumulated distance and corresponding to the actual location.

20. The system according to claim 16, wherein the controller is configured to display a map of the actual location.

21. The system according to claim 16, wherein the controller is configured to store user data.

22. The system according to claim 21, wherein the controller is configured to store user exercise history.

23. The system according to claim 21, wherein the controller is configured to store the user data on a server for access on other machines.

24. The system according to claim 16, wherein a difficulty of the exercise apparatus is varied based on the actual location.

25. A system for providing exercise to a user while generating an entertainment or motivational stimulus, the system comprising:

an exercise apparatus configured to facilitate motion of the user;

a controller in communication with the exercise apparatus and configured to track a distance traveled;

a video display in communication with the controller and configured to display video images to the user;

wherein the controller is configured to display video images on the video display based on the distance traveled and corresponding to an actual location, and the controller is configured to track an accumulated distance over multiple sessions and display video images on the video display based on the accumulated distance and corresponding to an actual location.

26. The system according to claim 25, wherein the controller provides the user information about the actual location.

27. The system according to claim 25, wherein the controller is configured to display user information including accumulated exercise effort and averages of exercise intensity measures.

28. The system according to claim 27, wherein the exercise intensity measures are in the terms of exercise effectiveness over a specific period of time.

29. The system according to claim 25, wherein the controller is configured to display a map of the actual location.